



Guacamole Chicken Melt

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 avocado pitted peeled
- 1 tablespoon butter
- 4 servings garlic powder to taste
- 1 tablespoon juice of lime fresh
- 2 tablespoons olive oil
- 4 slices pepper jack cheese
- 2 tablespoons onion red finely chopped
- 4 servings salt and pepper to taste

- 2 teaspoons penzey's southwest seasoning creole-style
- 4 chicken breast halves boneless skinless
- 1 small tomatoes diced

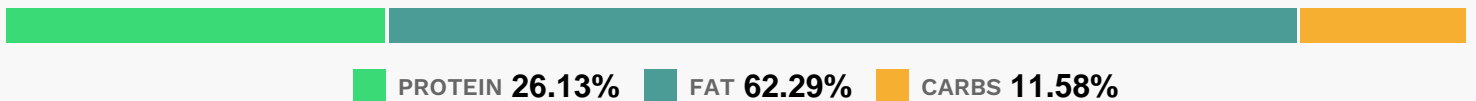
Equipment

- bowl
- frying pan
- oven
- broiler

Directions

- Preheat oven broiler, and set the oven rack about 6 inches from the heat source.
- Heat the butter and olive oil in a skillet over medium heat, and pan-fry the chicken breasts for about 10 minutes per side until no longer pink on the inside and golden brown on the outside, sprinkling each side with Creole seasoning.
- Scoop the avocados into a bowl, and mash them with the lime juice, tomato, onion, garlic powder, salt, and pepper.
- Spoon about 1/3 cup of guacamole onto each chicken breast, top with a slice of pepper jack cheese, and broil for 2 to 4 minutes, until the cheese is melted and bubbling.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:1.24, Inflammation Score:-7, Nutrition Score:25.680869366812%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg
Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg,
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg,
Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 478.42kcal (23.92%), Fat: 34.08g (52.43%), Saturated Fat: 9.61g (60.07%), Carbohydrates: 14.27g (4.76%),
Net Carbohydrates: 5.84g (2.12%), Sugar: 1.82g (2.02%), Cholesterol: 98.54mg (32.85%), Sodium: 484.38mg
(21.06%), Alcohol: 0g (100%), Protein: 32.16g (64.33%), Vitamin B3: 13.84mg (69.2%), Vitamin B6: 1.22mg (61.12%),
Selenium: 40.5µg (57.86%), Vitamin K: 43.49µg (41.42%), Phosphorus: 407.14mg (40.71%), Fiber: 8.42g (33.7%),
Vitamin B5: 3.13mg (31.3%), Potassium: 1055.93mg (30.17%), Vitamin E: 4.04mg (26.94%), Folate: 101.8µg (25.45%),
Calcium: 221.08mg (22.11%), Vitamin B2: 0.35mg (20.6%), Vitamin C: 16.11mg (19.53%), Magnesium: 76.54mg
(19.13%), Manganese: 0.35mg (17.39%), Zinc: 2.14mg (14.26%), Copper: 0.28mg (13.82%), Vitamin A: 662.99IU
(13.26%), Iron: 2.32mg (12.86%), Vitamin B1: 0.17mg (11.47%), Vitamin B12: 0.41µg (6.77%), Vitamin D: 0.24µg (1.59%)